



Holiday Humor: Are You a Grinch? (Source: Anonymous Forward)

"At the height of laughter, the universe is flung into a kaleidoscope of new possibilities."

-Jean Houston

How to Tell if You Are a Grinch:

1. You re-send other people's holiday cards as if they were your own. (5 pts.)
2. You steal light bulbs from your neighbor's outdoor display to replenish yours. (5 pts. Or 10 if your neighbor's whole lighted Santa goes out when you do.)
3. You have dressed a dog or cat as Santa Claus, an elf, or reindeer. (10 pts. for each offense)
4. You put last year's stale candy canes out for children. (1 pt. for each)
5. You enclose a shoddy re-gift in a Bloomingdales box trying to impress your friends. (5 pts.)
6. You call family collect long-distance on New Year's Day, claiming you're stuck in a phone booth. (5 pts.)
7. At the office holiday party, you hoard huge stockpiles of goodies for later consumption at home. (5 pts. 30 pts. if you use this stuff for your own party.)
8. You steal the wreath from a parked car to use on your own. (5 pts)
9. You bring a store-bought fruitcake and try to pass it off as homemade. (5 pts. 15 pts. if it's from last year).

Q: What do you call someone who doesn't believe in Santa?

A: Rebel without a Claus.

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Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com

